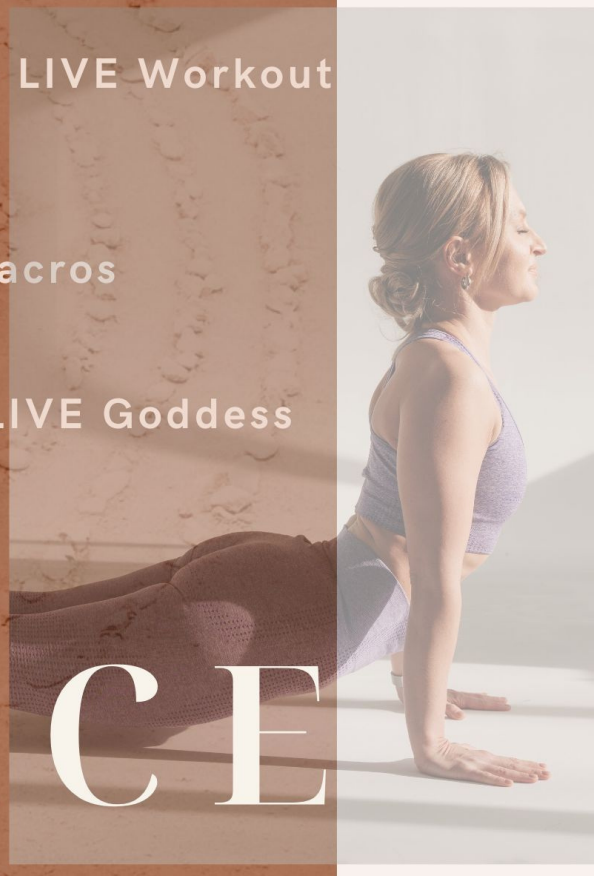


Our weekly breakdown

- 01 week 1 - Intro + Welcome
Goal setting
- 02 week 2 - Nourishment + LIVE Yoga
session this week
- 03 week 3- meal preparation
- 04 week 4 - Meal prep week 2 + LIVE
Goddess group session
- 05 week 5 - mindfulness & meditations
- 06 week 6 catch up week + LIVE Workout
session
- 07 week 7 - body type & macros
- 08 week 8 - metabolism + LIVE Goddess
group session



FIERCE

Our weekly breakdown

09 week 9 - Mindset & manifestation

10 week 10 - sleep +LIVE Movement session

11 week 11 - detoxes & more

12 week 12 + Group celebration!

all 12 weeks include adaptable movement sessions to be completed at a schedule that suits your life.

weekly checkins with our coach & access to the private facebook Goddess Group.

